2023 Strategic Research Grant:
Sleep Health Disparities Research

ISSUE DATE:	September 19, 2022
LETTER OF INTENT DUE DATE:	October 24, 2022 by 11:59 pm ET
INVITATIONS TO SUBMIT FULL APPLICATION:	By January 27, 2023
APPLICATION DUE DATE:	March 13, 2023 by 11:59 pm ET
GRANT SELECTION NOTIFICATION	By July 28, 2023
PERIOD OF PERFORMANCE:	Category I: 1-3 years Category II: 1-2 years Category III: 1-2 years
AMOUNT OF GRANT:	Category I: Up to $250,000 Category II: Up to $100,000 Category III: Up to $50,000
LINK TO LETTER OF INTENT:	https://www.GrantRequest.com/SID_5880?SA=SNA&FID=35131
CONTACT:	AASM Foundation 2510 N. Frontage Road Darien, IL 60561 Phone: 630-737-9724 E-mail: foundation@aasm.org

The AASM Foundation is committed to improving patient-centered diagnosis and care for all people with sleep disorders. To ensure that there is a continued advancement in effective diagnosis and care of people with sleep disorders, the AASM Foundation provides research funding through the Strategic Research Grant. This grant is investigator-initiated and supports high-impact research projects aimed at addressing gaps in knowledge that impact the ability to provide optimal, patient-centered, cost-effective diagnosis and care for people with sleep disorders.

This AASM Foundation research grant is supported by AASM Foundation general funds.

RESEARCH FOCUS

This is a focused request for applications (RFA) open to **sleep health disparities research projects among disadvantaged populations in the United States (US).**

It is known that sleep disturbances and deficiencies contribute to poor health and are linked to multiple chronic health problems, mental wellbeing, safety, and work productivity. Additionally, sleep disturbances and deficiencies affect disadvantaged populations, which lead to disproportionate sleep health disparities in the United States (US) among Blacks/African Americans, Hispanics/Latinos, American Indians/Alaska Natives, Asians, Native Hawaiians, and Other Pacific Islanders, socioeconomically disadvantaged populations, underserved rural populations, and sexual and gender minority populations.[1] In an effort to dismantle, reduce or eliminate sleep health disparities in the US and equitably provide optimal, patient-centered, cost-effective diagnosis and care for disadvantaged populations with sleep disorders, the AASM Foundation will support sleep health disparities sleep research through the Strategic Research Grant focused on these research domains:

1. **Causes and Consequences of Sleep Health Disparities**
   There is a need to understand the role of sociocultural and environmental determinants of sleep health disparities as contributors to sleep health. Research topics that fall under the causes and consequences of sleep health disparities include, but are not limited to:
   - Investigate racism and other forms of discrimination as a major contributor to cumulative chronic stress and driver for sleep health disparities.
   - Leverage multilevel and multifactorial study designs to examine causal pathways for sleep health disparities.
   - Investigate potential protective/resiliency factors for healthy sleep.
   - Investigate sleep as a potential contributor to disparities in health outcomes.

- Investigate the influence of sleep on a broader range of health outcomes in a defined population study.
- Investigate the influence of sleep health disparities on daily function, quality of life, and social consequences.
- Investigate the interconnected and bidirectional nature of sleep with multimorbidity of chronic conditions
- Research on sociocultural resilience factors for sleep health in historically marginalized populations and/or the ways in which sleep may be protective for health.
- Quantify whether people from diverse backgrounds are not getting diagnosed and treated to the same degree as majority groups, especially for the less common sleep disorders.

2. Interventions to Address Sleep Health Disparities

There is a need to develop interventions that are relevant, culturally acceptable, sustainable, and scalable to targeted groups. Research topics that fall under interventions to address sleep health diparities include, but are not limited to:

- Individual-level interventions to address sleep health disparities: More express focus on multi-domain and multi-level interventions principles to address root causes of sleep health disparities.
- Design interventions aimed to improve sleep health awareness in health disparity populations.
- Develop population-level interventions focused on policies and practices to promote healthy sleep.
- Promote multilevel interventions that incorporate social and environmental determinants of health to address sleep health disparities.
- Adapt and develop evidence-based, culturally appropriate interventions across the life course for specific health disparity populations.
- Develop approaches to promote early detection of poor sleep and sleep disorders among health disparity populations in various settings.
- Determine whether sleep mediates or modifies interventions addressing health outcomes with observed disparities.
- Develop and test multilevel, culturally tailored interventions to address sleep health disparities.
- Preventive sleep medicine interventions that target individuals early in the life course.
- Research that determines tradeoffs of precision medicine versus precision public health approaches for sleep medicine.
- Research into the socio-economic context, as well as systems of discrimination.

[1] Jackson, C.L., Walker, J.R., Brown, M.K, Das, R., Jones, N.L. (2020). A workshop report on the causes and consequences of sleep health disparities. Sleep, 43(8). https://doi.org/10.1093/sleep/zsaa037

FUNDING INFORMATION

The Strategic Research Grant program is organized into three categories to allow flexibility and a range of funding opportunities to potential applicants:

- Category I is for those applicants seeking funding for projects up to $250,000 and covers a project period of up to three years.
- Category II is for those applicants seeking funding for projects up to $100,000 and covers a project period of up to two years.
- Category III is for those applicants seeking funding for projects up to $50,000 and covers a project period of up to one year.

The funds can be used for research expenses such as salary support (commensurate with current stipends or salaries), supplies, participant costs and institutional overhead. There are no restrictions on the distribution of expenses, however, indirect costs are capped at 8%. The grant is executed as a contract between the AASM Foundation and the grantee's institution.

ELIGIBILITY

The following individuals are eligible to apply:

- Individuals with the following education and training are eligible to apply:
  - Master's level degree or higher.
- Individuals may apply for multiple AASM Foundation grants, however, the same proposal (i.e., projects with budgetary and scientific overlap) may not be submitted for multiple requests for applications in a given cycle.
- Individuals who are the Principal Investigator on an open or previous AASM Foundation research grant at the time of the application deadline are eligible to apply if they can demonstrate that there is no budgetary or scientific overlap between their open grant and the new project they are applying for funding. If there is budgetary and/or scientific overlap between projects, the applicant must indicate their plan to close their open grant in the event their new application is selected for funding (e.g., relinquish the current grant or complete the current grant to start the new grant).
- International individuals who meet all the eligibility criteria are eligible to apply; however, payment of grant funds must be accepted by the institution in US dollars and research must focus on US populations of interest in this RFA.

INELIGIBILITY

The following individuals are not eligible to apply:

- Individuals who have a financial conflict of interest or have the potential to incur significant financial benefit from the proposed work and beyond the work itself are not eligible to apply.
- Individuals who are seeking funding from AASM Foundation research grants to support ongoing projects that are currently funded by another granting body or supplement ongoing work (e.g., enrolling additional subjects into an ongoing trial) are not eligible to apply.
  Note: *The principal investigator will be required to make a statement to this effect prior to execution of the contract.*

LETTER OF INTENT REQUIREMENT

This grant is a two-stage application process, in which a letter of intent (LOI) is required prior to submission of a full application. Applicants will then be notified whether they will be invited to submit a full application. If the LOI is not approved, the applicant may not apply for the grant.

Please note that the information submitted in the LOI (e.g., grant category, key personnel, research domain) is final and those invited to submit a full application will be bound by the content of their approved LOI unless a modification was specifically requested or approved by the AASM Foundation.

For an overview on how to write an effective LOI and Application for the AASM Foundation Strategic Research Grant, please view the following resources:

Strategic Research Grant Letter of Intent Guide

Strategic Research Grant: How to Submit a Competitive Letter of Intent and Application Webinar

LOI REVIEW CRITERIA

For applicants who voluntarily submit a LOI, the AASM Foundation Executive Committee will review all submitted LOIs. The following criteria will be considered in determining whether the applicant will be invited to submit a full application for consideration:

1. **Responsiveness:** Responsiveness to the one of the topic areas being requested as part of this RFA.
2. **Significance:** Potential significance of the planned research in addressing important problems or critical barriers needed to progress the sleep medicine field.

3. **Strategic Goal Alignment:** Alignment with the AASM Foundation's strategic goal of improving patient-centered care through high impact research.

APPLICATION GRANT REVIEW CRITERIA AND PROCESS

Once LOIs are reviewed, invitations will be sent out to applicants who have a favorably reviewed LOI so a full application may be submitted. For invited applicants who submit a full application, a grant review committee, appointed by the AASM Foundation Executive Committee, will evaluate and score all submitted applications. Factors that will be taken into consideration include:

1. **Significance:** Strong scientific premise of planned research in addressing important problems or critical barriers needed to progress the sleep medicine field.
2. **Investigators:** Experience, training, and ongoing record of accomplishments of the principal investigator(s) and key personnel.
3. **Innovation:** Use of novel theoretical concepts, approaches or methodologies, instrumentation, or interventions that challenge and seek to shift current research or clinical practice paradigms.
4. **Approach:** Strategies to ensure a robust and unbiased approach, methodology, analyses, and benchmarks for success are well-reasoned and appropriate for the specific aims of the planned research.
5. **Environment:** Institutional support, availability of equipment and other physical resources that contribute to the probability of success of the planned research.

Only materials submitted within the application will be used in the evaluation of applications. The AASM Foundation Executive Committee will submit funding recommendations to the AASM Foundation Board of Directors based on the Grant Review Committee scores and consideration of the AASM Foundation's strategic priorities. The AASM Foundation Board of Directors will make the final funding decisions.

PAYMENT SCHEDULE

Category I Grants	
Payment #1 – Upon execution of contract	50%
Payment #2 – At project midpoint after approval of Progress Report	40%
Payment #3 – Upon receipt and approval of Final Report	10%

Category II and Category III Grants	
Payment #1 – Upon execution of contract	90%

Payment #2 – Upon receipt and approval of Final Report	10%

If unique circumstances are explained in the budget justification of the applicant's proposal, the Board of Directors will consider requests for an alternate payment schedule, with a maximum variance of 10%.
Note: *Once a contract is executed for the grant, reallocation of funds of <10% do not require approval.*

DELIVERABLES AND EXPECTED OUTCOMES

The AASM Foundation Strategic Research Grant supports high-impact research which will advance the diagnosis, treatment, and delivery of patient-centered care across the healthcare continuum for people with sleep disorders. The AASM Foundation intends that the research funded by this grant will lead to the publication of original research in peer-reviewed journals.

Applicants are expected to address the specific aims as described in the application. Major modification of the proposed aims requires AASM Foundation Board of Directors or Executive Committee approval.

The expected results and deliverables should be clearly stated in the application. The applicant must submit progress and final reports during the project period, describing project activities and results, as outlined below. Failure to meet the deliverables or submit progress or final reports may result in termination of project funding.

REPORTING SCHEDULE

Progress Reports	Every six months
Final Report	Within 90 days of grant completion

Outcomes evaluation is an essential component of this grant. All proposals must identify the goals and appropriate outcomes measures of the research. The outcomes should align with the goals and objectives stated in the applicant's proposal for this grant.

HUMAN/ANIMAL SUBJECT PROTECTION PLAN

If using human or animal subjects, the applicant will be responsible for obtaining Institutional Review Board (IRB) or Institutional Animal Care and use Committee (IACUC) approval. The IRB or IACUC letter of approval for the specified project must be on file with the AASM Foundation office prior to the execution of the contract. No funds will be released for the project without receipt of written approval by an IRB or IACUC. Failure to obtain IRB or IACUC approval will result in retraction of the grant.

LOI AND APPLICATION

Step 1: AASM Foundation Grant Request registration

To apply for this grant, you must register on AASM Foundation Grant Request. Please refer to the AASM Foundation Grant Request User Access Guide for guidance on setting-up an account.

Step 2: Complete LOI Submission

ACCESS THE 2023 STRATEGIC RESEARCH GRANT: SLEEP HEALTH DISPARITIES RESEARCH LETTER OF INTENT

The LOI Checklist below shows required attachments to be uploaded. For an overview of the information that is requested on the LOI form, please download the 2023 Strategic Research Grant Letter of Intent Outline and Guide.

LOI CHECKLIST

Form	Page/Word Limit
☐ **Face page** A. Principal investigator B. Sponsoring organization C. Project information and alignment with RFA	C. 300 words, max
☐ **Project Personnel** A. Principal Investigator biosketch and other support page B. Key Personnel: Biosketch and other support	Biosketch: 5 pages per individual Other support page: No page limit
☐ **Letter of Intent**	3 pages, excluding references

Step 3: Complete Application (invited applicants only)

For invited applicants, full applications must be completed and submitted through AASM Foundation Grant Request. A special link for submitting the full application will be sent to invited applicants. Instructions for required forms are available via the online submission system. The Application Checklist below shows required attachments to be uploaded. The Application Checklist below shows required attachments to be uploaded. For an overview of the information that is requested on the application form, please download the 2023 Strategic Research Grant Application Outline.

APPLICATION CHECKLIST (INVITED APPLICANTS ONLY)

Form	Page/Word Limit
☐ **Face Page** A. Sponsoring organization page *Note: The principal investigator, sponsoring organization, and project information will be pre-populated in the face page form. Any changes require prior approval from the AASM Foundation.*	
☐ **Research Plan and Goals** A. Abstract B. Research plan and goals	A. 200 words, max B. 6 pages, excluding citations
☐ **Project Personnel** *Note: The principal investigator and key personnel biosketches and other support pages will be pre-populated in the project personnel form. Any changes require prior approval from the AASM Foundation.*	
☐ **Letters of Support**	1 page each
☐ **Budget and Budget Justification** A. Budget B. Budget justification	B. 2 pages
☐ **Human Subjects/Animal Research Protection Plan**	3 pages

APPLICATION QUESTIONS

We encourage potential applicants to contact us early in the application process with questions. Eligibility questions may need to be reviewed by a member of the AASM Foundation Executive Committee, so please allow for at least a 1-week response time for eligibility questions. For all other inquiries, please allow a minimum of two business days for a response. Please note that questions received within 48 hours of an application deadline may not be answered before the deadline.